TORONTO CENTRE BYELECTION CALLED, PG 4

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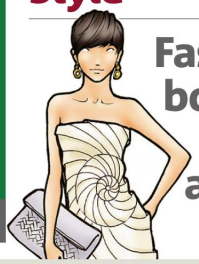
Style pg 18



Fashion book is a cut above

Warrant out for 'Chinese Buffett'

CRIME A Canada-wide arrest warrant was issued yesterday for a man who claims to be the "Chinese Warren Buffett" and is accused of defrauding victims of tens of millions of dollars through a Ponzi scheme.

Toronto police, who issued the warrant, said they believe Weizhen Tang, 51, is in Hong Kong. They are working with authorities there to bring him back to this country to face a charge of fraud over $5,000, said Const. Tony Vella.

It's alleged that between January 2006 and March 2009, more than 100 victims were defrauded of approximately $30 million through an online trading Ponzi scheme.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Omischl, fellow aerialists seek atonement, page 15

Urban Foodie pg 21

A hidden gem in the city

On the web
Visit metronews.ca for news updates

Los Angeles **Awards**

JESSE GRANT/GETTY IMAGES

Actress Tatyana Ali, who appeared on The Fresh Prince of Bel-Air, attends the 41st annual NAACP Image Awards nomination announcements yesterday at the SLS Hotel at Beverly Hills in Los Angeles. For more coverage, visit metronews.ca/entertainment.

Angling for an exhibit

CN Tower is possible bait for future Ripley's aquarium

If you can't beat 'em, add water.

A proposal by tourism operator Ripley's to build a major aquarium at the base of the CN Tower — which took a drubbing in the highest-tourist-perch competition this week with the opening of Dubai's monstrous Burj Khalifa — is working its way through city hall.

Proposal

• Ripley's proposed development would see an aquarium encompassing up to 150,000 square feet on the east side of the CN Tower and a 50,000-square-foot retail and restaurant complex on the west side.

Observers of perennial plans for such an attraction, repeatedly raised and sunk over the years, could be forgiven for wondering whether this is just another fishy plan. But — believe it or not! — this one is the real thing, observers say.

The facility would become the city's first major new attraction since the Hockey Hall of Fame in 1993, and a consolation prize of sorts for the CN Tower, which still gets two million visitors a year.

Orlando-based Ripley's, which already has aquariums in Myrtle Beach, S.C., and Gatlinburg, Tenn., had looked at Exhibition Place several years ago in response to a city request for proposals there, but felt the tower would be a better site.

"It's big," said Gordon McIvor, vice-president of Canada Lands Company, the federal agency that owns the tower and the 1.2 hectares of vacant land at its base. Last year, Canada Lands sought development proposals and settled on Ripley's.

The project is being well received at city hall.

"This looks like it's a real go," said Coun. Adam Vaughan, who represents the area. "It's an area that has a great deal of capacity for that and we're excited about it."

TORSTAR NEWS SERVICE

Halifax woman arrested twice for impaired in 10-hour span

MONIQUE MUISE
Metro Canada

A woman arrested twice in a 10-hour span for impaired driving sat motionless in a Halifax courtroom yesterday as a judge ordered her to stay away from alcohol and forbid her from operating any motor vehicle.

Halifax Regional Police allege the first incident occurred around 8:40 a.m. Tuesday, when someone phoned police to report a possible impaired driver. Police say they tracked down the vehicle, tested the woman behind the wheel, and determined she was above the legal limit.

Just 10 hours later, police received two calls that someone was driving erratically on a local highway.

It turned out to be the same woman, police allege.

Diedra Fougere, 50, is charged with two counts of impaired driving, one count of failing the breathalyzer, and one count of refusing a breathalyzer in connection with two separate incidents. She is scheduled to return to court in Halifax Feb. 23.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

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Local

Robber busted coming back for seconds

Police say they have arrested a bank robber who came back for seconds, trying to hit a Bank of Montreal branch he had robbed less than a week earlier. The Toronto man aborted the second attempt on the Weston Road branch and was arrested outside with a pellet gun, said Det. Brian Angle. Police believe the same man made the successful heist Dec. 29. Kirk Nichol, 51, is charged with two counts of robbery, two counts of using an imitation firearm to commit an indictable offence and carrying a concealed weapon. TORSTAR NEWS SERVICE

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WHAT'S ONLINE TODAY

Video Watch Mariah Carey's loopy acceptance speech at the Palm Springs Film Fest awards at **metronews.ca/entertainment**

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Inspectors to comb scaffolds

Provincial labour officials are gearing up for an inspection blitz of suspended platforms on construction sites after a devastating Christmas Eve accident that killed four men.

The review will begin in mid-January and will be completed in 90 days, according to the ministry of labour.

"I have asked for a report back in 90 days, at which time decisions will be made on what further steps will be taken," Minister of Labour Peter Fonseca said yesterday in a brief statement.

On Dec. 24, five workers fell from a 13th-floor balcony at 2757 Kipling Ave., just south of Steeles Ave. West, when the scaffold suddenly snapped in half.

Four men, Eastern European émigrés, all fell instantly to their deaths, another is recovering in hospital.

News reports say the construction site where the men fell was temporarily shut down in October due to safety concerns.

Inspectors will also begin a heightened enforcement campaign targeting fall hazards at construction sites this month.

TORSTAR NEWS SERVICE

Zero-tolerance

- Labour inspectors will have zero-tolerance for non-compliance of fundamental safety procedures on suspended platforms, the ministry said.

Brrr **Steely determination**

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Shen Sun, left, leads a group of Falun Gung practitioners in exercise outside of Queen's Park on a frigid morning yesterday.

News in brief

RESEARCH Forcing children to relive painful experiences immediately after a trauma is not an effective form of psychological counselling and may do more harm than good, according to a new analysis of research on the issue. Known as psychological debriefing, it is not used by either school board in Toronto.

TORSTAR NEWS SERVICE

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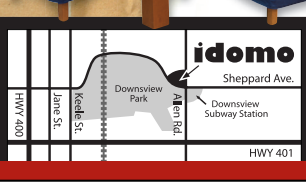

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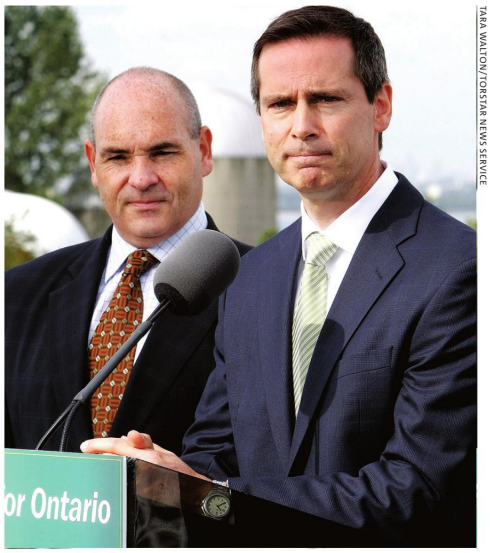
Abduction charges laid

Durham police have laid charges in connection with the abduction of a witness in a criminal court case in Oshawa earlier this week. TORSTAR NEWS SERVICE

Byelection called

Smitherman's old seat up for grabs on Feb. 4

Despite being plagued by scandals, a $25-billion deficit and an unpopular plan to harmonize sales taxes, Premier Dalton McGuinty ostensibly put the Liberal government's record on the line yesterday and called a byelection to replace former deputy premier George Smitherman.



TARA WALTON/TORSTAR NEWS SERVICE

Premier Dalton McGuinty has called a byelection in Toronto Centre to fill the seat left vacant by George Smitherman, left.

While byelections are hailed by opposition parties as a chance for voters to voice their discontent with the government, opposition insiders concede they are unlikely to defeat the Liberals Feb. 4 in Toronto Centre. Smitherman held the riding for the past decade until he stepped down to take a run at the mayor's chair in Toronto.

McGuinty moved with the political equivalent of light speed to call the byelection following Smitherman's resignation as a member of provincial parliament last weekend, using the very first legal opportunity to schedule the vote.

Under Ontario's Election Act, elections must be called on a Wednesday and held the fifth Thursday after the date of the issue of the writ.

McGuinty has never moved so quickly to fill a vacant seat in the legislature, especially during the two years when former Progressive Conservative leader John Tory was seeking a riding in which to run after losing his seat in the 2007 election.

The premier called the byelection on the very day the Liberals were scheduled to formally nominate former Winnipeg mayor Glen Murray as their candidate in the downtown Toronto riding.

Working on climate change initiatives, pushing for more public transit and fighting for affordable housing to help end homelessness makes him a good fit with the Liberal government and its dedication to a greener environment and economy, said Murray.

THE CANADIAN PRESS

3 from 'good homes' jailed

DRUGS Three men from "good homes" — including a Toronto real estate agent — have been sentenced to prison terms of six to eight years for participating in a large-scale drug trafficking ring.

"It's hard to understand why these men chose this path," Ontario Superior Court Justice Ian Nordheimer said yesterday.

They are "relatively young men" who come from "good homes with loving family support," the judge said.

"Each of them had the opportunity to enjoy all that our society has to offer. Other offenders are not so fortunate."

Nordheimer sentenced Steven Lucas and Stefan Rosa to eight years in prison and Ryan Coyle, a self-styled ecologically-friendly Toronto realtor, to six years.

The three men, all 30, have no previous convictions.

A fourth man, Vinh Ban Chau, 46, of Toronto, who has a previous conviction for theft, was sentenced to seven years.

TORSTAR NEWS SERVICE

News in brief

HIT AND ROB AND RUN A woman was victimized twice Monday night when she was hit by a car and then robbed. Police say after the 25-year-old woman was hit while walking in the Bathurst and Lawrence area, the driver, a woman in her early to mid-20s, nabbed her purse. The suspect then tried to drive away — dragging the victim a short distance — but had to flee on foot after the van struck a hydro pole. When police arrived, they discovered the minivan had been reported stolen. The victim has minor injuries and is expected to make a full recovery.

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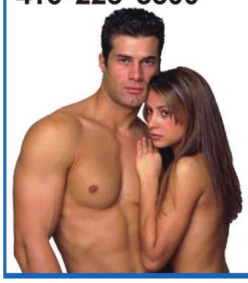

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Production report denied

New models won't affect Oshawa: GM

General Motors Canada denied reports yesterday that suggests the automaker could reduce production at its Canadian plants when it adds new car models over the next few years.

The car company was reacting to industry reports that it plans to build a new version of the Chevrolet Impala and a new Cadillac at its Oshawa assembly complex, but will reduce production to below 400,000 units — down from earlier projections of 500,000.

The company said a report from the Automotive Parts Manufacturers' Association is inaccurate, and the company does not expect a reduction in Canadian production.

GM said 2009 production in Canada was about 350,000 units — 250,000 in Oshawa and 100,000 at its CAMI plant in southwestern Ontario — and it expects volume to increase going forward. Most of that production is shipped to the United States market.

"Going forward, we will fully comply with our commitment to the Ontario and federal governments that we will maintain 16 per cent of GM's North American vehicle assembly capacity in Canada," the company said in a statement from its Canadian headquarters in Oshawa.

"In fact, we recently confirmed that the Buick Regal will be built in Oshawa starting in the first quarter of 2011 and we have also committed to two additional models for Oshawa."

THE CANADIAN PRESS

No comment

- GM did not comment on a Canadian Auto Workers union estimate that the new models could require up to 1,000 new jobs in Oshawa, where the company employs about 5,000 people.

Charity **Anonymous gifts**

JOHN R. KENNEDY/FOR METRO TORONTO

A couple walks down Queen Street West yesterday as a man on the sidewalk bundles up against the cold. He says passersby routinely leave food and drinks for him while he sleeps.

Paralyzed former inmate sues province over treatment

LAWSUIT Venkat Milligan describes his stay in the Toronto (Don) Jail two years ago as "crazy."

The paralyzed man, who was stuck in a cell without his wheelchair, was forced to drag himself around and was often left sitting in his own waste for hours, according to a 19-page statement of claim.

The allegations, contained in a $17-million lawsuit against the province and jailhouse medical staff, claim Milligan suffered "humiliating" and negligent treatment while in custody at the Don, requiring him to be hospitalized for a year and a half after his release.

Lawyers for the Ministry of the Attorney General and two doctors have denied all allegations made by Milligan. None of the allegations has been proven in court. TORSTAR NEWS SERVICE

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Melt season for Canadian Arctic sea ice outpacing global average: Researchers

American researchers suggest the melting season for Arctic sea ice is growing faster across much of the Canadian Arctic than anywhere else in the world. In Baffin Bay, it is increasing about 20 per cent faster than the global average. And in the Beaufort Sea and Hudson Bay, the melt period is now a full month longer than it was in 1979. THE CANADIAN PRESS

Canada

Teenager charged after bomb scare

Police have laid charges against a 17-year-old male after a bomb scare this week forced the evacuation of a London, Ont., neighbourhood. The youth has been charged with having care or control of an explosive substance with intent to endanger life and having care or control of an explosive substance. Police called in the bomb squad after they arrived at the home Monday morning on a medical call. A 17-year-old male was taken to hospital with an undisclosed injury or ailment. THE CANADIAN PRESS

News in brief

H1N1 Canada, which has a large surplus of H1N1 vaccine on its hands, is going to lend some to Mexico, the federal government said yesterday. Federal Health Minister Leona Aglukkaq announced Canada will ship Mexico five million doses of vaccine this week, but expects Mexico to replace the doses by the end of March.

ATTACK Montreal police are investigating yet another attack on an Italian café. Tuesday night's arson attempt at the Resto Cote Est occurred in a neighbourhood where other cafés were hit by similar attacks last year. THE CANADIAN PRESS

PAUL DALY/THE CANADIAN PRESS

Jim Walsh, former Newfoundland and Labrador provincial Liberal cabinet minister, is escorted from court yesterday in St.John's. Walsh was sentenced to 22 months in jail and ordered to pay $144,000 in restitution for his role in the province's constituency allowance spending scandal.

Politician gets jail for fraud

Convicted of overspending funds

Bankrupt and with his reputation in ruins, a once prominent Newfoundland and Labrador politician was led from court in handcuffs to start a 22-month jail term for fraud.

Former Liberal cabinet minister Jim Walsh was sentenced yesterday and ordered to repay $144,000 for his role in the province's constituency allowance spending scandal.

The sentence of 22 months for fraud over $5,000 and one year for breach of trust, to be served concurrently, didn't play the middle ground. The prosecution had requested at least 18 months in jail, while the defence argued for six to nine months.

Walsh "abused his position" as a privileged politician and used it for his own benefit rather than the public good, provincial court Judge David Orr said.

Walsh was convicted last month of overspending his constituency allowance by $159,317 between 1999 and 2004. He was acquitted on a charge of influence peddling.

Walsh is among four former politicians from all parties to be ensnared in a scheme that shook political foundations in the province. THE CANADIAN PRESS

m.metronews.ca

SCANLIFE

Montreal police expect reprisals in simmering gang dispute, but say all-out war is unlikely. Scan this code for the full story.

Woman on terrorist-targeted plane calls for better security

FLIGHTS A Montreal woman who was on a Northwest Airlines plane that was involved in an attempted terrorist attack on Christmas Day is calling for better security aboard aircraft.

Shama Chopra says she's comfortable with the new body scanners that will be installed in Canadian airports, but she still does not feel secure in the air.

Chopra is still planning to travel to Amsterdam in a few weeks and is hoping to discuss her concerns at a news conference outside the International Court of Justice in The Hague.

The 54-year-old mother of two says security aboard international flights should be improved with the addition of more air marshals. THE CANADIAN PRESS

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Comment

Pitfalls of his and hers resolutions

Relating

Steve Collins

metronews.ca/collins

So, it's been almost a week. How are those resolutions holding up?

I wish you luck. The delinquency rates are high, and no wonder. This is a wretched time of year to embark on major renovations to one's finances, waistline, health or character.

Bad habits might be easier dumped in June, but we persist in picking this arbitrary date to spontaneously improve.

I've made one small, timid resolution, indeed one perhaps so incremental as to be meaningless. My beloved has a handful of semi-ambitious ones and a better track record of making them happen.

I see no sign so far that either of our plans have us headed for couple trouble, which resolutions can bring about with unnerving ease.

First and foremost, resolution season has us focused on our faults, thus reminding our partners of a few minor glitches instead of the pretty damn OK overall package. Excessive dissatisfaction with oneself can be contagious.

We are also not always at our easiest to live with while in the throes of self-improvement.

You can also find yourself roped into resolutions you never made. If your partner is on a diet, especially if you live together, good luck not ending up on it yourself.

It probably helps to share your resolutions with each other, to get that gym buddy effect and reinforce your respective resolve, but, in the face of entirely understandable failure, a little understanding goes a long way.

And please, please, refrain from making resolutions for each other, or even suggesting them, except in extreme circumstances.

Never far enough away, after all, is the ultimate hazard of this time of year: Getting resolved right out the door as your significant other starts taking stock and deciding what stays and what goes in his or her life, and you end up on the latter list.

It's not for nothing that family lawyers mark D-Day (Jan. 8 or thereabouts), the day that they begin the greatest annual volume of divorce proceedings. I suspect a lot of these begin as New Year's resolutions. Be careful out there.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Idiot box: Tuning out Berlusconi's TV culture

FourthWave

Canice Leung

metronews.ca/fourthwave

One of the joys of living in an immigrant household is the access to diasporic television. It connects you to your family's pop culture.

So I understand the preoccupation with the idea of femininity, something that seems to afflict Lorella Zanardo as well. Her documentary-manifesto, Il Corpo Delle Donne (Women's Bodies), was borne out of the frustration of watching Italian television turn women into *veline* — bikini-clad talk show sidekicks.

In clips from the doc, the models are mocked for their ditziness, paraded before male talk show hosts in thongs, or (in a painfully literal analogy) hung from hooks like meat. Despite the treatment, *veline* are celebrities, so it's no surprise some young Italian women strive to become one.

"Real women's bodies have been hidden away; instead we are presented with an obsessively vulgar image made of silicone lips, thighs, breasts: The truth is removed and replaced with a mask," Zanardo narrates, one she says robs women of their identities, opinions, and natural beauty. "Who are we? What do we want? Why aren't all Italian women in the streets protesting against the way they are represented?"

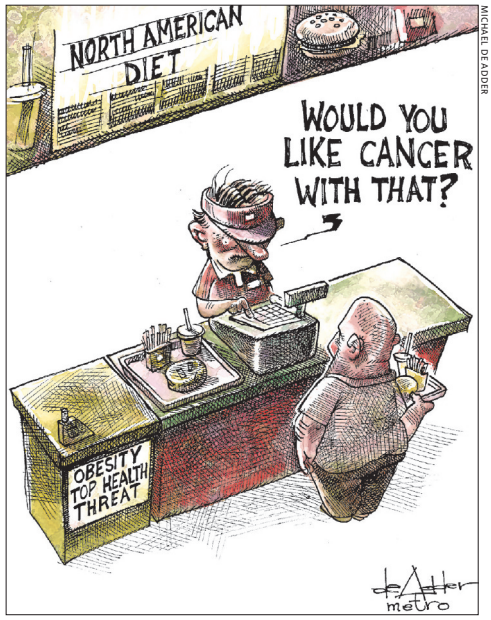
I asked my friend Nina, whose family watches Italian shows the way mine watches Hong Kong ones, whether it was as bad as the doc suggested. It is, she said.

The root of the problem? "It's Berlusconi," she said, referring to Italian Prime Minister Silvio Berlusconi. Before he ruled Italy's politics, he conquered its culture with his Mediaset empire of television stations. *Veline* are rampant on his channels.

It's shocking there's been little backlash until now, but Berlusconi's popularity among women, his primary supporters, is waning. I was heartened to read this from Italian Prof. Chiara Volpato in a New York Times op-ed: "Today there are two Italys: One Italy has soaked up Mr. Berlusconi's ideology either out of self-interest or an inability to resist his enormous powers of persuasion; the other is fighting back" — which means sooner or later, they're going to rise up and pull the plug on Silvio's TV set.

Watch Women's Bodies online at metronews.ca/fourthwave.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.



MICHAEL DE ADDER

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Israel increases defence minister's security

Israel has beefed up security around its defence minister in response to death threats from Jewish extremists angry over new restrictions on construction in West Bank settlements, security officials said yesterday. THE ASSOCIATED PRESS

World

Mystery of missing sculpture solved

The mystery of a missing four-ton sculpture, left, outside a Utah motorcycle shop has been solved. It disappeared over the weekend, and apparently the sculptor took it back. The attorney for Springville sculptor Jeffrey Decker says Decker owns the statue and was legally entitled to remove it, a newspaper reported. Lawyer Randall Spencer said in a statement Tuesday that a loan agreement makes it clear that the sculpture was on loan to Timpanogos Harley-Davidson. THE ASSOCIATED PRESS

Women turning to suicide

More Afghan women are choosing suicide to escape the violence and brutality of their daily lives, says a new human-rights report prepared by Canada's Foreign Affairs Department.

The 2008 assessment paints a grim picture of a country where violence against women is common.

"Self-immolation is being used by increasing numbers of Afghan women to escape their dire circumstances," said the report.

The director of a hospital burn unit in the province of Herat reported that in 2008 more than 80 women tried to kill themselves by setting themselves on fire, many of them in their early 20s.

THE CANADIAN PRESS

Pakistan **Eyes of uncertainty**

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

A Pakistani girl looks on as she lines up for rations of rice in Islamabad yesterday. Two suspected U.S. drone missile strikes hit the country's volatile northwest yesterday, killing 13 alleged militants.

News in brief

EUROPE Blustery winter weather paralyzed Britain and parts of Europe yesterday, frustrating air travellers, stranding motorists and keeping thousands from their jobs and schools. London area airports — including Heathrow, Europe's busiest — suffered widespread delays and cancellations.

THE ASSOCIATED PRESS

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ScanLife

A report finds some former Gitmo detainees are returning to the battlefield. Scan this code for the full story.

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American woman, daughter killed by elephant
An elephant trampled to death a visiting American mother and her one-year-old daughter during a hike in Kenya, officials said yesterday. THE ASSOCIATED PRESS

Antarctica showdown

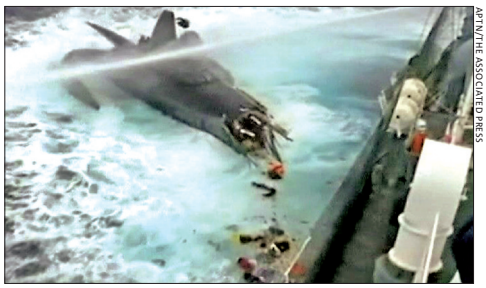
Barker defends anti-whaling group's tactics in ocean clash

Retired TV game show host Bob Barker knew anti-whaling work could be dangerous even before his $5 million US donation to a conservation group, but he was shocked to hear about yesterday's violent crash between a Japanese whaling ship and one of the group's speedboats.

The collision off the coast of Antarctica sheared the bow off the Sea Shepherd Conservation Society speedboat and injured one crew member aboard. A new ship funded by Barker's donation, the 1,200-ton Bob Barker, rescued all six crew members from the speedboat.

"To think I had just become involved in it, then they had the worst accident that they've had," he said. "I thought, 'Barker, what have you brought on to these people?'" The longtime animal activist and host of The Price is Right said he was aware of Sea Shepherd's tactics before contributing to the organization. The conservation group sends boats to Antarctic waters each southern summer to try to stop the Japanese whaling fleet from killing whales under what Japan calls a scientific whaling program.

THE ASSOCIATED PRESS



APTN/THE ASSOCIATED PRESS

In this still from a video from the Institute of Cetacean Research of Japan, the bow of the Sea Shepherd Conservation Society's anti-whaling vessel Ady Gil is sheared off after it collided with a Japanese whaling ship in the frigid waters of Antarctica.

metronews.ca
WHAT'S ONLINE TODAY

Video Watch the collision between a Japanese whaling ship and a protest boat at **metronews.ca/world**

News in brief

SRI LANKA Just months after winning Sri Lanka's brutal civil war, the president and former army chief are locked in a bitter election that has forced them to woo the Tamils they are accused of pounding with airstrikes and artillery fire.

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Cline Mining gets loans

Cline Mining Corp., a Toronto-based coal producer and gold miner, says it has arranged financings of up to $6.9 million in debt and equity. Some of the money will be used to complete the rehabilitation of the New Elk metallurgical coking coal mine in Colorado. THE CANADIAN PRESS

Business

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US 0.60¢	US 37.2¢	US $1.41	56.46

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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SCANLIFE

Businesses increasingly look to so-called "cyber moms" as a lucrative and powerful customer base. Scan this code for the full story.

Business in brief

MARKETS Snow, ice and wind wreaked havoc on energy markets yesterday, where a barrel of oil topped $83 US a barrel for the first time since the fall of 2008. Divisions among Federal Reserve policy-makers over extending a program to bolster the U.S housing industry sent the dollar sliding to three week lows, and crude prices to a 15-month high.

CONTRACTS Toronto-based Marsulex Inc. has been awarded two contracts, worth a total of $150 million US, to provide systems for reducing industrial sulphur emissions, the environmental control company said yesterday. One contract involves upgrades at coal-fired plants for a North American power producer. The other is for the retrofit at Zaklady Azotowe Pulawy, a chemical producer in Poland.

METRO NEWS SERVICES

Focus shifts to national debt

Canadians are starting to put their confidence back in the economy but their concern over government debt has risen, according to a new survey from Pollara Strategic Research.

78% More than three-quarters of Canadians surveyed by Pollara (78 per cent) believe Canada is still in recession, but that's down from 91 per cent a year ago.

The study found that 54 per cent of Canadians surveyed in December expected the economy will improve this year. That's far more optimistic than last year, when only 20 per cent expected 2009 would bring better times.

The latest Pollara poll also found 17 per cent of respondents believe Canada is in a period of moderate growth, compared with only six per cent who felt that way in 2009.

Pollara chairman Michael Marzolini said while many Canadians' fears about the economy have abated, "the public has now shifted to focus on the growing national debt." He said the number of Canadians expecting higher taxes has doubled.

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INFORMATION FEATURE

Clear goals can help investors

RAFAEL BRUSILOW
for Metro Canada

Taking the reins of your own investments can feel both exciting and daunting, but knowing yourself and your own financial goals can make the process a lot easier.

Jason Storsley, president and CEO of RBC Direct Investing, says the key to starting on any investment path is to understand first what it is you hope to get out of your investments.

"The first starting point for any investor is to understand what their goals are, and how much monthly saving they need to achieve those goals," Storsley said.

Ultimately, what investing comes down to is risk and return, and how much of the former you're willing to take on will usually determine how much of the latter you can reasonably expect to make.

"What it essentially comes down to is, what level of risk are you comfortable taking to achieve your goals? A lower return gives more safety, while a higher return carries more risk," Storsley said.

Investors should always plan out whether their financial goals are more short-term, such as saving a few thousand dollars to pay off a credit card debt or to put a down payment on a new car, or more long-term, such as collecting a down payment for a house or saving up for a child's education.

The clearer and more specific you are with yourself, the easier it will be to determine what level of risk and overall investment you should pursue.

Storsley suggests most people fall into one of six investor categories. Which category you fall into can make a big difference in the types of investment decisions that will fit your own investment goals:

- **Secure investors** prefer the least amount of risk possible, usually because they want to make sure their initial investments remain as secure as possible. These types of investors prefer to maintain the security of their money for a noticeably lower rate of return.
- **Income investors** are often secure investors who prefer to have their money provide a steady, regular cash flow stream that they can count on while maintaining a steady value on the initial investment. Income investors frequently branch out to income-producing investments such as government bonds and Guaranteed Investment Certificates (GICs).
- **Conservative investors** are willing to take a few more risks to secure a slightly higher rate of return, but they still shy away from particularly risky investments. Occasionally, conservative investors might dabble in a risky investment or two, but generally, they keep the vast majority of their holdings in relatively safe, steady investments.
- **Balanced investors** are more comfortable with taking risks and are willing to take a bigger stab at investments with higher risk-reward potential. Yet, they like to offset their riskier investments with a substantial portion of secure investments. Essentially, they keep a bedrock of lower-return investments in one half of their portfolio and more volatile holdings in the other half, ensuring a good chunk of their initial investment is protected while still being able to see potentially strong returns.
- **Growth investors** are comfortable with riskier investments, but they have the patience to approach their investment strategy from a long-term view. They don't need regular income from their investments and look to benefit from the stock market's long-term growth potential. Growth investors tend to invest in riskier options they believe will benefit in the long run and then hold those investments through downswings.
- **Aggressive investors** have a high risk tolerance and want to make their money grow as quickly as possible over a long-term period. They understand that the value of their investments could fluctuate greatly over time and are willing to risk significant portions of their initial investment to achieve a higher rate of return.

Once you've decided on your investor profile, RBC's online Asset Mix Calculator can help you build a portfolio already matched to your investment goals by compiling an asset mix that has been pre-screened by RBC experts.

"The Asset Mix Calculator will walk you through all the steps of the process to fit your individual investor style," Storsley said.

RBC Royal Bank branches can provide you with a comprehensive Investor Profile questionnaire and RBC advisers can help guide you through your answers to make sure you get an accurate picture of what kind of investor you are.

"The first starting point for any investor is to understand what their goals are, and how much monthly saving they need to achieve those goals." Jason Storsley

Investing ultimately comes down to risk and return.

On the web

- For more on RBC Direct Investing, log on to rbcdirectinvesting.com.

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Sports

Arenas suspended by NBA

NBA commissioner David Stern indefinitely suspended Gilbert Arenas, left, without pay yesterday, saying the Washington Wizards guard is "not currently fit to take the court." Stern also warned Arenas' conduct will "ultimately result in a substantial suspension, and perhaps worse." Arenas is under investigation by federal and local authorities after admittedly bringing guns to the locker room. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Raps defeat Magic

NBA

Raptors 108 Magic 103

AT

Andrea Bargnani and Chris Bosh had 18 points apiece, and the Toronto Raptors nearly blew an 18-point fourth quarter lead before holding off the Orlando Magic for a 108-103 victory last night.

Hedo Turkoglu added 17 points to help the Raptors win for the seventh time in their last eight games. They also got a boost with five points from Jose Calderon in his return from a hip strain.

Vince Carter's dunk with 43.4 seconds remaining trimmed Toronto's lead to two. But J.J. Redick missed a three-pointer in the final seconds that could have tied the score. Redick finished with 22 points, and Dwight Howard had 20 points and 12 rebounds for the Magic.

THE ASSOCIATED PRESS

PHELAN M. EBENHACK/THE ASSOCIATED PRESS

Toronto Raptors forward Amir Johnson blocks a shot by Orlando Magic forward Brandon Bass last night in Orlando.

Maple Leafs get thumped by Flyers

Danny Briere scored two goals to reach the 500-point plateau and help the Philadelphia Flyers beat the Toronto Maple Leafs 6-2 last night.

Danny Syvret, Dan Carcillo, Mike Richards and James van Riemsdyk also scored, Chris Pronger had three assists, and Jeff Carter added two helpers. The Flyers ended a two-game losing streak and a four-game slide at home.

Nikolai Kulemin and Alexei Ponikarovsky scored for Toronto.

The game featured five fights, four of them in the third period when Toronto's Garnett Exelby and Philadelphia's Scott Hartnell received 10-minute misconducts.

Michael Leighton, starting his seventh straight game in place of the injured Ray Emery, made 30 saves to improve his record to 7-2-1.

Emery has missed the last 15 games after undergoing abdominal surgery Dec. 9. Leighton was claimed on re-entry waivers from Carolina six days later.

THE ASSOCIATED PRESS

Sports in brief

HALL OF FAME Andre Dawson was elected to the Hall of Fame yesterday in his ninth try, while former Blue Jay Roberto Alomar fell just short of earning baseball's highest honour. Alomar received 397 votes (73.7 per cent), the most of any first-year candidate who wasn't elected.

UFC The UFC has pencilled in June 12 as its debut show in Vancouver, according to a source. City council paved the way for the mixed martial arts juggernaut to come to the West Coast when it approved a two-year trial period for the sport last month.

HENRY Police won't charge the fiancée of late Cincinnati Bengals receiver Chris Henry in connection with his death last month. Charlotte-Mecklenburg police announced yesterday there was no evidence that Loleini Tonga drove recklessly or with excessive speed last month when Henry came out of the back of her pickup truck on a curvy, residential road and suffered fatal injuries.

DUI Former NHL defenceman Chris Chelios was arrested last month and charged with drunk driving and speeding in suburban Chicago. The 47-year-old Chelios plays for the AHL's Chicago Wolves.

CFL The Saskatchewan Roughriders say they need more time to decide whether general manager Eric Tillman has a future with the team. There are questions about his future with the CFL club since he pleaded guilty earlier this week to sexually assaulting his children's teenage babysitter.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Philadelphia 6 TORONTO 2
Buffalo 5 Tampa Bay 3
N.Y. Rangers 5 Dallas 2
Calgary at Minnesota
N.Y. Islanders at Colorado
St. Louis at San Jose

NBA

YESTERDAY'S RESULTS

TORONTO 108 Orlando 103
Atlanta 119 New Jersey 89
Cleveland 121 Washington 98
Boston at Miami
Golden State at Minnesota
New Orleans at Oklahoma City
Detroit at San Antonio
Houston at Phoenix
Memphis at Utah
L.A. Lakers at L.A. Clippers

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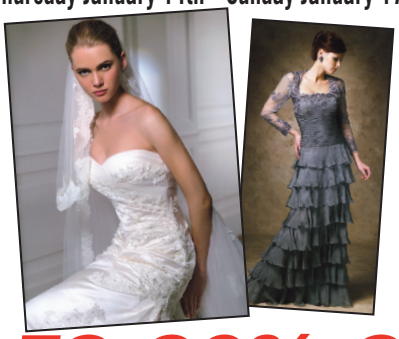

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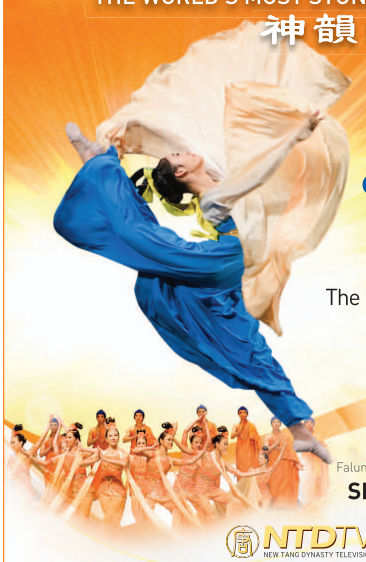

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Anderson takes gold
Alpine snowboarder Jasey-Jay Anderson won gold yesterday in a World Cup parallel giant slalom race on a tricky Austrian course. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

High expectations

Men's aerialists hope to avoid repeat of Turin disappointments

Their reactions ranged from confusion to optimism to bitter disappointment.

Four years after a disastrous showing at the 2006 Olympic Games, Canada's top men's aerialists are in a far better frame of mind this time around, confident they can put the memories of Turin behind them.

Steve Omischl is the lone Canadian to have already secured his spot for the Vancouver Games while Ryan Blais, Warren Shouldice and Kyle Nissen are also hoping to make the Olympic team and help Canada deliver on the high expectations next month at Cypress Mountain.

They opened their World Cup season in December at Changchun, China, where Omischl was the top Canadian, earning a fourth- and a fifth-place finish. The preparation continues this weekend with a World Cup in Calgary.

The Canadian men are no strangers to pre-Olympic hype. Omischl, a native of North Bay, who now lives in Kelowna, B.C., was the defending World Cup champion four years ago. But he was battling a plantar fasciitis injury that cost him several months of competition leading up to the Games. Ever the daredevil, Omischl attempted a difficult jump in the qualifying round but botched the landing and ended up a disappointing 20th.

"I definitely bit off more than I could chew."
Steve Omischl

"I definitely bit off more than I could chew, and after coming off an injury, that was probably ill-advised," Omischl said recently.

"The whole coaching staff would probably agree with that, but that's what happens after coming off an injury and not training very much that year and then trying to do something harder than you're capable of. That's probably not the best scenario."

Steve Omischl

For Omischl and former national team veteran Jeff Bean, who also failed to qualify for the final, the result was devastating. Omischl was a wreck afterward, suggesting the qualifying miss was one of the worst moments of his life.

When asked if he has forgotten about the Turin fiasco, Omischl paused.

"Well, it's ... nothing is ever behind you," said Omischl, who finished 11th at his first Olympics in Salt Lake City. "You learn from what experiences happen throughout your career.

One of the lessons Omischl learned in Italy? Don't overcompensate.

"If anything, I'm just going to carry that knowledge that if I do have a minor setback or an injury going into Vancouver, that I don't have to, to use a cheesy hockey analogy, "grip the stick" so tight," he said. "I don't have to try that hard if I have a setback, I just kind of need to relax and trust in my abilities."

THE CANADIAN PRESS

Learn more about Steve Omischl in an interactive profile at: metronews.ca/sports

Olympics in brief

BANNERS The city of Vancouver has started installing thousands of lamppost banners displaying official Olympic logos in the leadup to next month's Winter Games. The 6,000 banners will be erected in the coming weeks throughout the city, featuring images of Olympic events and the official shades of blues and greens that make up the so-called look of the Games.

THE CANADIAN PRESS

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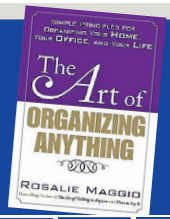

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Elegant sophistication

Suite Talk

RAFAEL BRUSILOW
for Metro Canada

Combining elegance and comfort is no small feat yet the model home at Traditions in Milton juggles both with aplomb.

Sean Swayze, interior designer at Bryon Patton & Associates, says the goal with the model home at Traditions, located at the edge of the escarpment on old Main Street, was to inspire a sense of practicality while maintaining a strongly themed look.

"This is our country French house that we wanted to be very dramatic. In this model we really wanted to create a strong identity while still having every area of the house feel like it should be used," Swayze said.

Aqua blues, soothing yellows and warm butter colours abound and furniture choices throughout display a classical style with modern embellishments to create a look that invites as much as it impresses.

That philosophy of casual formality thrives best in the living room, which features a combination of leather and plush textures with deep brown tones and creamy, lighter-yellow highlights.

"It's a relaxed, casual, semi-formal look that people can see has quality but still feel like they can put their feet up on the coffee table. The living room isn't a shrine that nobody could touch," Swayze said.

The lowdown

- Traditions by Heathwood Homes
- heathwood.com
- Availability: Spring 2010
- Sizes and pricing: Townhomes begin in price from $339,400; semis from $377,900; detached on 36' lots from $487,400; on 43' lots from $513,900; and on 49' lots from $610,900.

The dining room features reflective surfaces and classically elegant lines with a touch of casual fun, like the colourful plaid chair lining that seems a little unusual until you touch it and realize it's made of luxurious silk. Silver and burnished bronze tones are accentuated with highlights of glass and crystal to create a look that remains inviting despite maintaining a sense of elegant sophistication.

"I really wanted the dining room to have that sparkle and glamour. It's a mixture of patterns, textures and materials to create a casual yet still sophisticated look," Swayze said.

The impressive master bedroom is done in a coral finish with gold and brown accents finished with eggshell-white wainscoting and outfitted with soft textures throughout to keep things fresh and inviting.

"It's a real chateau look with a light and airy feel that gives a sense of elegance," Swayze said.

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Seen here are some shots from Heathwood Traditions.

How to clean up after the Christmas mess

JON TATTRIE
for Metro Canada

Struggling with post-Christmas clutter can suck the holiday cheer out of any home as festive lights yield to January bleakness, so Metro asked professional organizers for tips on reclaiming your space.

Jane Veldhoven, owner of the Halifax-based Get Organized!, says the first step is out with the old to make room for the new.

"I see so many people spending time moving their stuff from one place to another, when in reality there is just way too much stuff and no matter how much organizing you do, it's never going to be under control," she says.

Go online to offload your old TVs and sweaters. Use Facebook, Kijiji, Craigslist and your local freecycling site to find new homes.

"You post something on there you think no one will want and low and behold, there they are," she says. "It amazes me."

If that doesn't work, give you excess baggage to furniture banks and charity stores. Veldhoven connects clients to an artistically inclined church that regularly funnels unwanted item to amateur artisans, who happily recraft them.

Rosalie Maggio, author of The Art of Organizing Anything, says don't fear the clutter. "Here's my theory: If you have clutter in the house, there's probably room for it in the house," she says. "What blows a lot of people is that it's so much to deal with."

Tidying after the holiday may seem daunting, but as author and consultant Rosalie Maggio says, "Procrastinating has its place."

So don't deal with it. Take Santa and the lights down, stuff things under the bed and make your house livable. Then forget about it until February.

"Procrastinating has its place," the California-based consultant says.

When you do start, break it down. Line up the rooms and go after them one by one. Channel the clutter as you go by starting a pile at the front door for things leaving the house, one for keys, one for mail and even one for things that have no immediate home. This keeps things moving toward their intended destinations, cutting clutter off at the pass.

When you get to re-storing things, use the unused spaces under the bed for clothes or nets hanging from children's bedroom walls for toys or in the garage for sports equipment.

In the end, it only matters if it bothers you and your housemates, Maggio says. "There are people who are just a mess, and they're fine. It's only other people who say, 'Do you have enemies? Who did this to you?'"

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A bathroom inspire by a scent?
On Jan. 21, Arren Williams will unveil a 700-square-foot Ultimate Bathroom inspired by Calvin Klein's Euphoria fragrance. This so-called "luxurious oasis" will premiere at the Interior Design Show at the Metro Toronto Convention Centre. METRO NEWS SERVICES

Metro and BILD aim to build a greater GTA

RooftopSurfing

Mississauga Mayor Hazel McCallion will turn 89 this year, on Valentine's Day as it happens. Coincidentally, the Building Industry and Land Development Association (BILD) will also celebrate its 89th birthday in 2010.

At this point, you're only a paragraph into my first column in Metro and you're already thinking, "What the heck is BILD and why should I care?"

BILD is the trade association representing high-and low-rise developers and builders, professional renovators and all the other companies that service the development and building industry in the Greater GTA.

Our members are behind virtually every high-rise residential construction crane you see in the City of Toronto (and increasingly the suburbs) as well as all those single-detached, semi-detached and townhome communities in Halton, Peel, York and Durham Regions as well as south Simcoe County.

Collectively, BILD members will construct more than 30,000 new homes and condos in the Greater GTA in the coming year (split approximately 50/50). That's a lot of jobs and investment, not to mention dreams come true for homebuyers, be they first-timers, move-ups or move downs.

From Day 1, back in 1921, we've been fighting for fair taxation and regulation in the name of housing affordability and choice. When we're not advocating, we're educating or informing members through workshops, seminars and ongoing communications designed to ensure they are as up-to-date as possible.

Some other quick facts about BILD include that our more than 1,300 member companies are proudly affiliated with the Ontario and Canadian Home Builders' Associations, the National and Toronto Fall Home Shows, as well as Habitat for Humanity Toronto.

This is my first guest column in Metro and I look forward to our dialogue. In the meantime, you can check us out at bildgta.ca, newhomes.org (for homebuyers) and renomark.ca (for homeowners looking for a professional contractor).

Stephen Dupuis is president and CEO of the Building Industry and Land Development Association (BILD). He can be reached at president@bildgta.ca.

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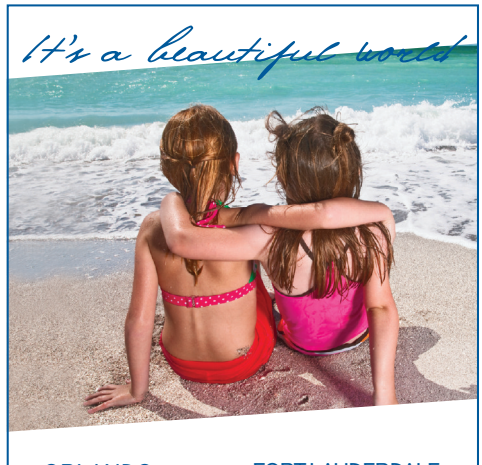

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Crawford rejects '80s trend

Cindy Crawford refuses to wear the '80s trend because she was around the first time it was popular. The 43-year-old supermodel — who quit full time modelling in 2000 — doesn't always wear what's in fashion because she now knows what flatters her. FEMALEFIRST.CO.UK

Style

How the West is worn

Thousands of cowboys and cowgirls will be decked out in their Western finery at the National Western Stock Show in Denver this month. So what is today's well-dressed cowboys and cowgirls to wear? A clean hat with a carefully creased crown, maybe in a style called "Cattleman" or "Montana" or "Gus." They might also wear a brightly coloured shirt and heavily starched jeans. Left: A cowgirl-inspired design from Canadian design label Dsquared2. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canada's Next Top Paper Dolls

Fashion designers commemorated in cutouts

JANINE FALCON
for Metro Canada

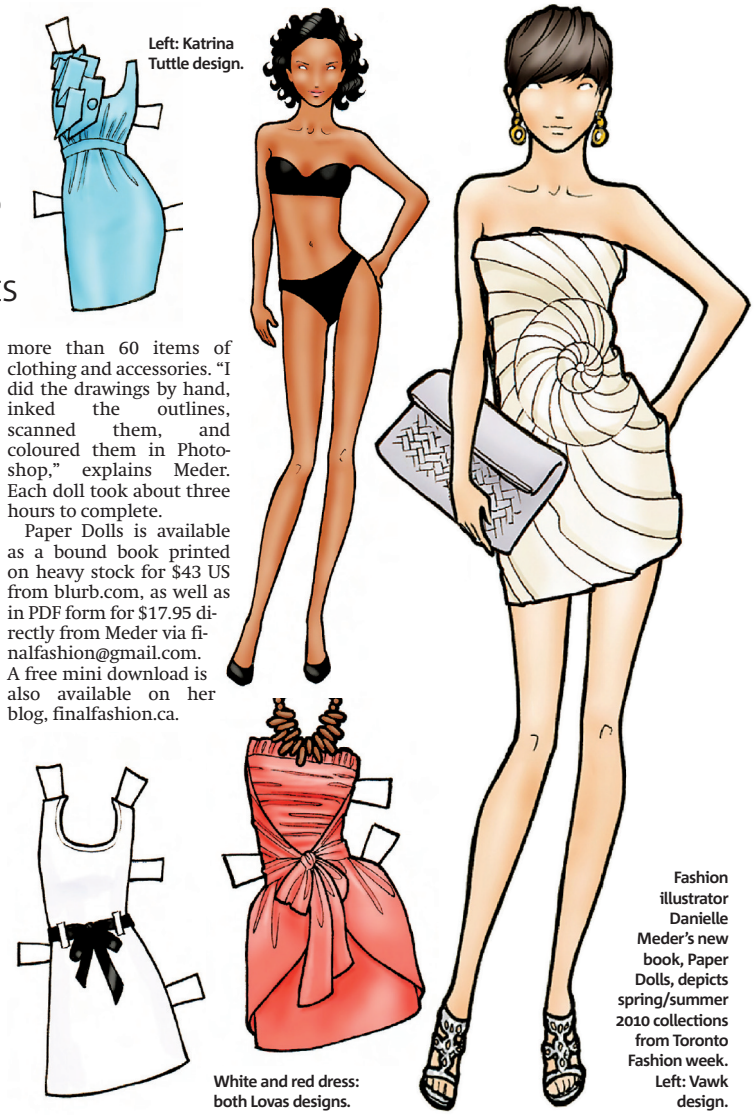
DESIGNS In the early days of her enthrallment with fashion, when she was a child, fashion illustrator Danielle Meder checked costume-history books out of the library and used them as reference to make paper dolls and elaborate cut-out paper gowns.

She moved on to other mediums as she grew older, but returned to paper dolls last fall to commemorate Toronto LG Fashion Week's spring/summer 2010 collections.

"Every time fashion week comes around I look for a way to cover it that is different," said the Ryerson fashion grad in an interview with Metro. "The season before, I did watercolour postcards."

In total, Meder's charming project consists of 15 designer collections (including Vawk, Evan Biddell, Jessica Jensen, Pink Tartan and even Sears Attitude), 17 paper dolls and more than 60 items of clothing and accessories. "I did the drawings by hand, inked the outlines, scanned them, and coloured them in Photoshop," explains Meder. Each doll took about three hours to complete.

Paper Dolls is available as a bound book printed on heavy stock for $43 US from blurb.com, as well as in PDF form for $17.95 directly from Meder via finalfashion@gmail.com. A free mini download is also available on her blog, finalfashion.ca.



Left: Katrina Tuttle design.

White and red dress: both Lovas designs.

Fashion illustrator Danielle Meder's new book, Paper Dolls, depicts spring/summer 2010 collections from Toronto Fashion week. Left: Vawk design.

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Mark Fast talks design principles

Mark Fast

PEOPLE Any up-and-coming designer would be giddy at the opportunity to dress Lady Gaga, the fashion world's latest style icon.

But when the pop star's stylist approached Mark Fast to borrow some of his body-hugging knitwear designs, the Canadian-born, London-based designer politely declined.

"I love her music and that Bad Romance song is stuck in my head all the time, but we don't necessarily have to accept everyone just because they are famous," says the soft-spoken designer.

"My work is about a lifestyle. It's not fast-food fashion. It's not about trends, it's about classic, it's about the body, it's about beauty. Maybe that gets lost in the picture with certain celebrities."

Not that the 29-year-old designer has anything against celebrities. Kate Moss, Beyoncé, Kylie Minogue and Rihanna are all fans of his body-sculpting knitwear with the sexy peekaboo weaves that is often referred to as hosiery for the body.

"He has taken an old craft and made it look modern," says Barbara Atkin, vice-president of fashion direction at Holt Renfrew, where Fast's collection is sold in Canada.

Expectations are high to see what magic he will weave for his next show at London fashion week in February. TORSTAR NEWS SERVICE

Williams stars in Chicago
Former Destiny's Child star Michelle Williams will see her name in lights next month when she high-kicks her way into the starring role of Roxie Hart in Chicago on Broadway. METRO NEWS SERVICES

Entertainment

Madge mix
Madonna is set to take a new rap-rock direction. The singer is working with rap producer A-Trak and rock producer Brendan O'Brien in an attempt to merge the genres on her new album. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Ke$ha is irresistible

Ke$ha's debut album Animal features the hit single TiK ToK.

Ke$ha

Album: Animal
Label: RCA/Sony
Rating: ●●●½

THIS ISN'T THE sort of album that critics are supposed to like. It oozes autotune and celebrates a frat-girl culture where the two most important things in life are getting naked and guzzling Jack. Still, these songs are irresistible. As a matter of fact, the first single, TiK ToK, is the first No. 1 hit of the new decade. There's almost a Zappaesque quality to the adolescent hedonism depicted here. How can you not fall in love with a song like Party at a Rich Dude's House. Is there, after all, anything better than drinking other people's Dom Perignon? Then there's that voice. It may not possess the power of Streisand, but — unique and readily identifiable — it does have its virtues. We're going to be hearing a lot more than just TiK ToK.

Graham Rockingham/for Metro Canada

The Parkas

Album: You Should Have Killed Us When You Had the Chance
Label: Saved by Radio
Rating: ●●●●

IF TORONTO GROUP the Parkas broke up after its last lackluster album, no one would have been upset. Instead the band's four members simultaneously quit and released their best album. They've made pop and rock records before, but this is the first time they've melded straight-up rock with quirky pop. Every track is as catchy as the next and they perfectly balance aggressive sounds with touching pop sensibilities. Hopefully there will be a reunion in the near future.

Bryan Borzykowski/for Metro Canada

On the web
• Read reviews of new music from Mudvayne and Diana Panton at metronews.ca/music.

By Divine Right

Album: Mutant Message
Label: Hand Drawn Dracula
Rating: ●●●½

BY DIVINE RIGHT is a bit like the Second City of music. Musicians join the band to hone their chops then leave for greener pastures (Brendan Canning, Leslie Feist and Brian Borcherdt to name a few). That leaves José Contreras, the group's founder, to guide the band through different incarnations, sounds and eras. The group, now a trio, deliver a beautiful collection of psychedelic indie rock sounds on its first disc in five years. It's not unlike some past work, but with new bandmates it feels fresh and re-energized. Pisco Sour is an especially fun and bouncy tune.

Bryan Borzykowski/for Metro Canada

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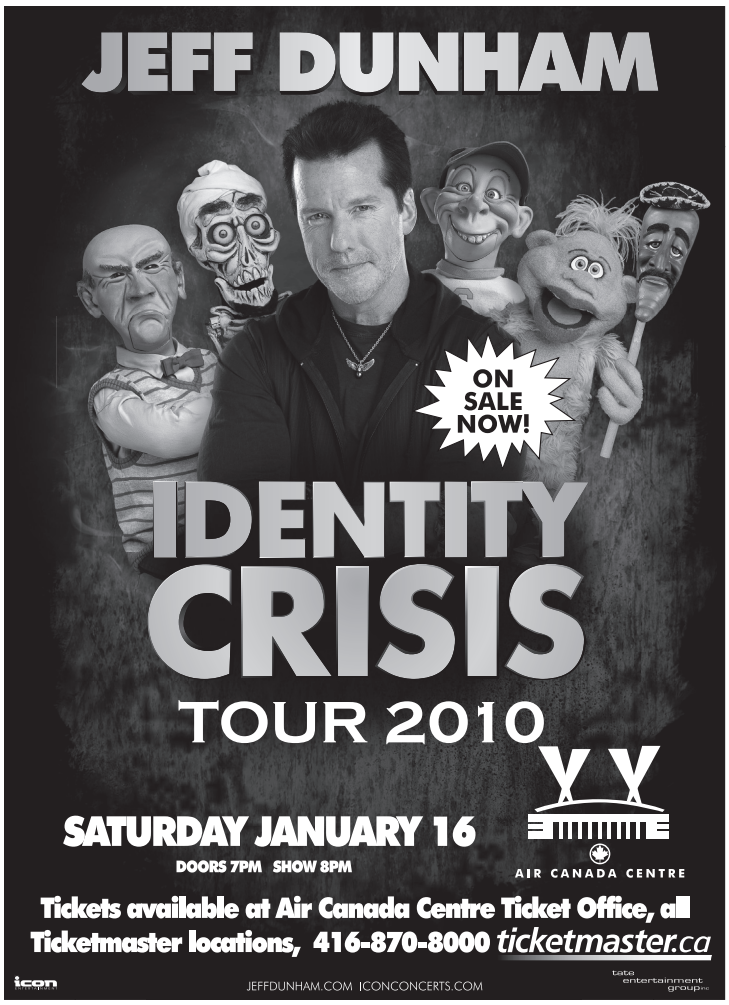

Not quite the same

A Canadian Sherlock Holmes expert is giving the new film starring Robert Downey Jr. a thumbs-up, though he says it bears little resemblance to the original stories.

Robert Downey Jr., right, stars as Holmes, and Jude Law is his sidekick Dr. Watson. The film has already made $138 million.

Yes, spotting the differences between Sir Arthur Conan Doyle's Holmes tales — published between 1887 and 1927 — and director Guy Ritchie's new action film, is elementary.

"I didn't find much resemblance between the film and the authentic Sherlock Holmes, but I certainly enjoyed the film," said Chris Redmond, a Waterloo, Ont., native who has written three books on Holmes and maintains the website sherlockian.net.

THE CANADIAN PRESS

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Private funeral for Casey Johnson

PRIVATE The body of socialite and Johnson& Johnson heiress Casey Johnson will be flown east for a private funeral, a family spokesman said yesterday. Johnson, 30, will be laid to rest later this week in a service attended by immediate family.Johnson, was found dead in her Los Angeles home Monday.

School wins Justin Bieber

CONCERT A successful canned food drive has won students at a New York middle school a concert by Canadian teen pop sensation Justin Bieber.

The 15-year-old singer will perform at Long Beach Middle School in Lido Beach sometime in February. The school bested 149 other area schools by collecting more than 27,000 pounds of food.

Stars will be out at Golden Globes

AWARDS Christina Aguilera, Tom Hanks and Neil Patrick Harris will appear at the Golden Globe Awards. The Hollywood Foreign Press Association says the three stars will be presenters at the 67th annual ceremony. Ricky Gervais is set to host the awards, which will be held Jan. 17. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

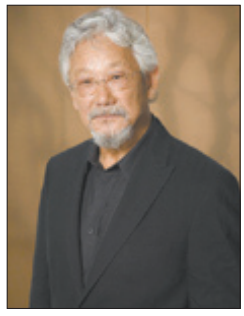
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

TO	Vu	SD	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/7/10	265	353	2	TVO	We Built This City "New York"		The Agenda With Steve Paikin		The Street (Part 1 of 6) (N)		Masterworks			Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA)		The Office	Sat. Night Live	90210 "The Porn King"			News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent			Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)		The Border (N)		CBC News: The National			The Hour
	214	344	7	CITY	Law & Order: Special Victims		Community	Parks-Recreat	30 Rock	30 Rock	The Jay Leno Show (N)			News
	212	313	8	CTV	etalk	Access H.	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist			CTV News
	218	345	11	CHCH	*Wild Wild West* ★ (1999, Action) Will Smith, Kevin Kline.				*Collateral Damage* ★ (2002, Action) Arnold Schwarzenegger.					News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King		Cold Case
	213	326	15	SUN	The Insider (N)	Music Speaks	Toronto Sings (DVS)		Supernatural (HDTV)		The Insider	Hitchcock Pres		King Kaboom
	-	387	16	CBS	Inside Edition	Access H.	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist			News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	Community	Parks-Recreat	The Office	30 Rock	The Jay Leno Show (N)			News
	-	386	18	ABC	Wheel Fortune	Preview Show	BCS Champ.	College Football Citi BCS National Championship Game -- Alabama vs. Texas.						
	219	346	20	ACH-B	Degrassi: Next	TMZ (N)	*The Interpreter* ★★★ (2005, Suspense) Nicole Kidman, Sean Penn, Catherine Keener.							A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Bones (HDTV PA)		Fringe "Grey Matters"		Seinfeld	Two/Half Men		The Simpsons
	-	388	61	PBS	PBS NewsHour	My Hero	Doc Martin "Erotomania"		Voyages of Discovery		MI-5 "Diana"			Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	The Vampire Diaries		Supernatural (HDTV)		PIX News at Ten Tong.			Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier		The Office
	298	653	332	TLA	The Tyra Show		According/Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men		Vamp. Diaries
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		The Nature of Things			National
	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)			
	509	504	79	CNB	Kudlow Report (Live)		American Greed		MacHEADS		Planet of the Apps: Hand-held			Mad Money
sports	405	417	22	net	MMA Conn	Skiing	Billiards: US Open 9 Ball		Hooters Swimsuit Pageant		Sportsnet Connected			Hockey Central
	400	400	30	TSN	NHL Hockey Ottawa Senators at Washington Capitals. (HDTV) (Live)					College Football: Citi BCS National Championship Game				
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters			Destin. Truth
	417	406	81	SC	Pass Time	Pass Time	Pinks -- All Out (HDTV)		Pinks Outtakes	Jacked!	Wrecked	Wrecked		Pass Time
family	551	542	25	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie		Prank Patrol
	554	544	45	TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	*The Matrix* ★★★ (1999, Science Fiction)			
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House		So Raven
cable variety	602	567	27	W	Supernanny		Dine With Me	Love It-List It	Confidential	Confidential	Divine Design	House		Love It-List It
	570	580	29	MM	Costa Rica	Degrassi: TNG	Video on Trial	disBAND	My Date With...	Best of the Much	Music Countdown '09			MuchOnDem
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 "Last Wish"		The First 48 (HDTV)			The First 48
	700	800	35	TLN	Centrovetrine	Sky TG 24	Finalmente le Mille e una Notte				George Lopez	George Lopez		Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		Ringo Starr: Off the Record		Entourage	Wild 'n Out		mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.		UnStable (N)
	616	521	39	SHO	Relic Hunter		*Poison Ivy: The Secret Society* (2008, Drama)				Cra$h & Burn "Gone"			Law Order
	620	523	40	BVO	Syilx Voice	PhotoXplorers	Innovators	Writers	*Foolproof* ★★ (2003, Suspense) Ryan Reynolds.					Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		X-Weighted "Gaia"		Last 10	Last 10	Re-Vamped			ET Canada
	522	506	43	HIS	Pawn Stars	Pawn Stars	Ancient Discoveries		Ancestors	Ancestors	Nostradamus Effect			Blow Down
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Demetri Martin	Demetri Martin		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos (N)	House Hunters	House Hunters		Holmes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Just Friends* (2005, Romance-Comedy)			
	576	582	49	BET	106 & Park: BET's Top 10 Live		Monica: Still	Monica: Still	*The Walking Dead* ★★ (1995, Drama) Allen Payne.					Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Jughead"		*Locusts: The 8th Plague* (2005, Science Fiction)					Stargate SG-1
	581	566	52	MTV	Peak Season	After	Cribs	Parent Control	Jersey Shore		Jersey Shore (N)			MTV Live
	618	524	54	TROP	Reality	What Happen?	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King		Comeback
	603	561	56	FOOD	Ricardo	Chuck-Day Off	Restaurant Makeover		Extreme Cuisine-Jeff Corwin		Ace of Cakes (N)			Restaurant
	261	394	60	V	Murder, She Wrote		On the Buses	'Allo, 'Allo!	*Love Me Tender* ★★ (1956, Western) Elvis Presley.					*Kid Galahad*
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV)		The Dr. Oz Show (N)			TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby		Max & Ruby
	526	507	249	VIVA	Cold Case		Missing "Exposure"		The Closer "Next of Kin"		Cold Case			Psychic Inv.
	300	601	301	M1	*Unstable*	*The Gambler, the Girl and the Gunslinger*			*Polytechnique* (2009, Historical Drama)			(10:20) *Pride and Glory*		
	305	612	306	PIX	(6:45) *True Grit* ★★★ (1969, Western) John Wayne.				*Spartacus* ★★★★ (1960, Historical Drama) Kirk Douglas.					
	520	146	-	DISC	Daily Planet (N)		Mega Beasts The Terror Bird.		Mega Beasts		MythBusters			Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers		Bizarre
	605	-	-	FASH	Britain's Next Top Model		FashionTele	RAW	Canada's Next Top Model		Britain's Next Top Model			Top Model

critics'corner

The Nature of Things

Bees may be a nuisance, but we can't live without them. The new episode "To Bee or Not to Bee" looks at scientists' efforts to understand why bee colonies around the world are disappearing and what it means for humans. Without bees to pollinate plant life, the whole food chain could be affected. The program also addresses the question of humans' responsibilities as stewards of the planet. David Suzuki hosts. 8 PM on CBC



True Grit

John Wayne won a long-overdue Academy Award for his memorable performance as eye-patched frontier lawman Rooster Cogburn in this enjoyable 1969 Western. Kim Darby plays the young woman who asks him to find her father's killer, and Glen Campbell (who also croons the theme song) has a prominent role as a Texas Ranger. Robert Duvall also appears. 6:45 PM on PIX

Who wants ice cream?
Feel like ice cream despite the freezing temperature? Then try Marble Slab Creamery (330 Yonge St.) that just opened at Yonge and Dundas. The company's slogan is "the freshest ice cream on earth," Go in person or online -marbleslab.com. METRO NEWS SERVICES

Urban Foodie

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Rating: ●●●
Dinner & drinks for 2: $60

It's been here for 30 years, our server tells us, but I've never heard of it.

Weird, because it's a damn cute place — an old house with closed-in porch, complete with cream painted walls, mismatched chairs and two fireplaces. It feels like a cozy B&B, but with a South of France bistro air to it.

We begin with Soup of the Day ($7), Du Puy Lentil Salad ($8) and Carpaccio of Seabream ($12). The carrot soup is silky and delicate, yet completely satisfying. The carpaccio, a thin translucent, transcendent delight, completely stuns us. And the salad is a shock at first — crunchy lentils. But combined with walnuts and a spritely dressing, it works.

We are swooning and can't wait for our mains.

But the wait is long. So long that by the time our Authentic Choucroute Garnie ($17) and Mustard Flank Steak, Shallots and Frites ($18) arrive, we are less than dazzled and just pick at our food. The Choucroute, an Alastian classic comprised of pork, sausages and cabbage, is suitable, while the steak disappoints — sinewy chewiness colludes with an overindulgence of mustard.

My sincere hope is that when you go, you will be wowed from beginning to end.

On the web

- Get recipes and more great food content at metronews.ca/recipes

Authentic Choucroute Garnie ($17)

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of oven roasted radishes

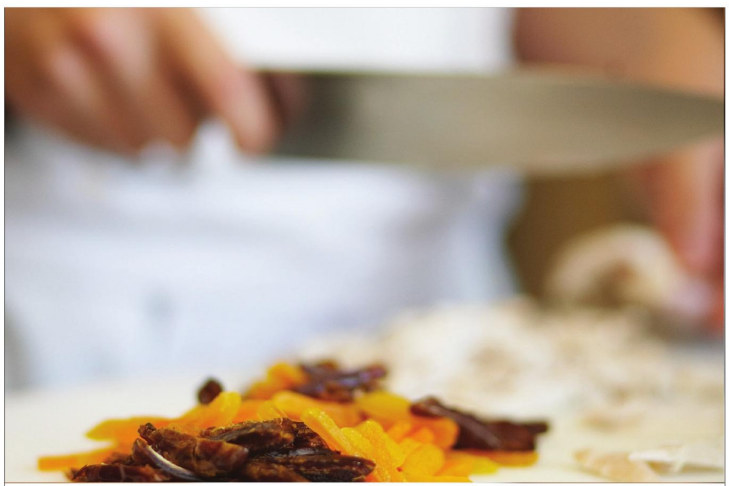
Dining out

DISTILL THIS Sometimes you need to get out of your routine of going to the same areas for dining. Change it up for the new year by going to the Distillery District for dinner. Though it is often deemed a tourist attraction, there are a number of choices of places to eat ranging from Italian to oysters to pub fare. Go online to thedistillerydistrict.com to see the city again.

BALDWIN VILLAGE In cities like Montreal, there are restaurant districts where you can survey various menus and eat depending what you're in the mood for. You can do the same thing in cozy Baldwin Village, where you can walk a couple of blocks of Baldwin and choose from Japanese, Chinese, French, Italian, Mexican and Vegetarian. –STEPHANIE DICKISON/ FOR METRO TORONTO

In brief

EAT HEALTHY Want to eat healthier, local fare? Then you've got to get yourself to Fresh From the Farm (350 Donlands Ave.). This small shop has tons of local, farm-fresh meat that is hormone/drug-free. They also have great produce, deli and pantry items, all at prices that might surprise you. Go to freshfromthefarm.ca to see what's available. METRO TORONTO



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Williams wants wedding bells

Robbie Williams plans to get married on Valentine's Day, femalefirst.co.uk reports. The singer got engaged last week but is desperate to make Ayda Field — who he has been dating for around three years — his wife. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

Tila Tequila starts a feud with Perez Hilton. • @OfficialTila @PerezHilton haha already showing your true colors like a fat little kid who lost another candy bar.

METRO NEWS SERVICES

Swift has image issues

AS DO MANY STARLETS AND THE YOUNG GIRLS WHO IDOLIZE THEM... MAKES YOU THINK, DOESN'T IT? Taylor Swift doesn't like her body, femalefirst.co.uk reports. Despite her glittering film and music career, the 20-year-old starlet isn't confident with her appearance and is inundated with insecurities about her face and body.

She said: "I definitely have body issues, but everybody does. When you come to the realization that everybody does that — even the people that I consider flawless — then you can start to live with the way you are."

METRO WORLD NEWS

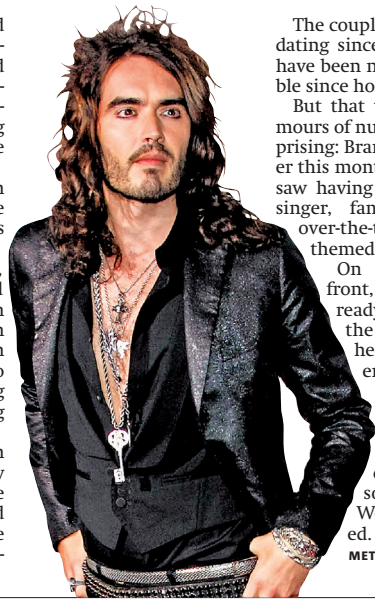
Brand, Perry engaged

MORE WEDDING BLISS Word is circulating that comedian Russell Brand and singer Katy Perry reportedly are engaged, with us-magazine.com reporting Brand has confirmed the impending nuptials.

Brand, 34, is quoted in yesterday's editions of the Britain Sun as texting, "It's true. Much love."

Adding fuel to the flame, Perry, 25, Tweeted around 1 a.m. New York time from Thailand on Wednesday an oblique reference to an Alanis Morrisette song: "So when do I start walking the streets naked singing that Alanis song?"

Morrisette's lines in Thank You include: "How about me just enjoying the moment for once" and "Thank you India" (where the couple vacationed recently).



The couple, who've been dating since this autumn, have been nearly inseparable since hooking up.

But that there were rumours of nuptials isn't surprising: Brand hinted earlier this month that he foresaw having kids with the singer, famous for her over-the-top fruit-themed props.

On the domestic front, Perry has already introduced the comedian to her religious parents, and once showed off a pair of undies embroidered with the colors of his favorite soccer team, West Ham United.

METRO NEWS SERVICES

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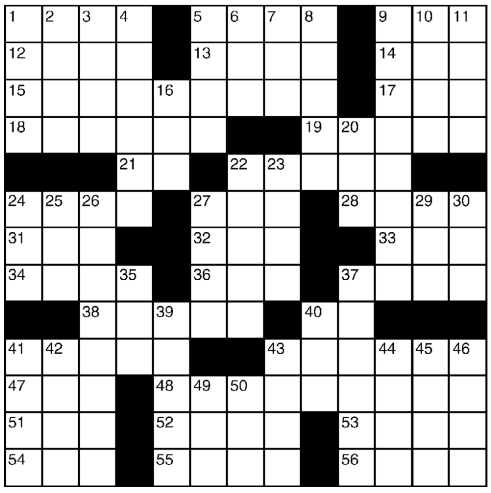
Take Five



ACROSS

1 Not barefoot
5 Let off some steam
9 Debtor's letters
12 Art-class model, often
13 Early pulpit
14 Springtime mo.
15 Classic sitcom
17 Face
18 End of a sentence?
19 Obliterate
21 With 40-Across, in which case
22 Milk dispenser?
24 Eager
27 "CSI" evidence
28 Nitwit
31 Bing's pal
32 Sternward
33 Army rank (Abbr.)
34 Skelton's Kadiddlehopper
36 Conk out
37 Read cursorily
38 Minimum
40 See 21-Across
41 Pandora set them free
43 Provoke
47 Last letter
48 Theme song of vaudeville's Eva Tanguay
51 Gun the engine
52 Catastrophic
53 Differently
54 Mimic
55 Foil's cousin
56 Harvest

DOWN

1 Quick cut
2 Island dance
3 Stench
4 Lacking, with "of"
5 Low land
6 Ostrich's cousin
7 Leno's network
8 Monkeyed (with)
9 Simon and Garfunkel song
10 Piece of work
11 Egg on
16 Sprite
20 Scarlet
22 Ill-suited
23 Social engagement
24 Easy as —
25 Abbr. on a book's spine
26 Inspirational song of 1953
27 June honorees
29 Luau bowlful
30 Shade source
35 Gibson or Brooks
37 Association football
39 Remark to the audience
40 Perch
41 Pound of poetry
42 Second in command, maybe
43 Dandling locale
44 Hardy cabbage
45 — Minor
46 Chick's comment
49 Pickpocket
50 Galena or cinnabar

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

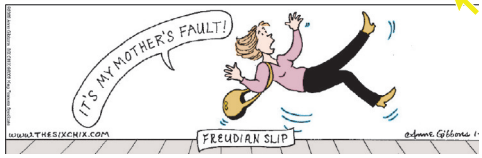
3		9				4		8
1		8		6		2		5
			8		4			
		4	9		5	1		
		2	7		1	8		
			6		9			
7		5		1		9		3
9		1				6		7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

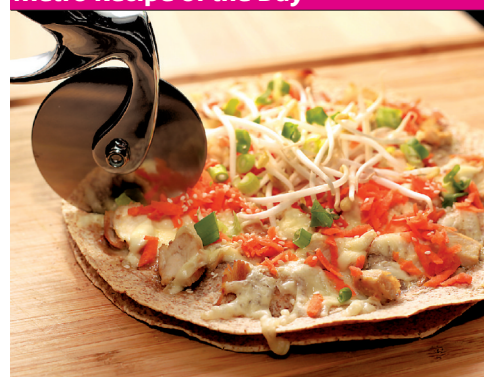
4	6	7	2	5	8	3	1	9
8	5	1	4	3	9	2	7	6
3	2	9	6	1	7	4	8	5
5	1	4	7	8	6	9	2	3
7	9	3	5	2	4	8	6	1
6	8	2	1	9	3	7	5	4
9	7	6	8	4	5	1	3	2
1	4	5	3	7	2	6	9	8
2	3	8	9	6	1	5	4	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Quick Thai Chicken Pizza

Submitted by: Darlene Chapman Dawson Creek, B.C.

INGREDIENTS:

1 boneless skinless chicken breast
1 Cup skim milk mozzarella cheese
1 Cup shredded carrot (packaged ok)
1 Cup bean sprouts
4 whole wheat large tortillas
2 Tablespoon olive oil
2 Teaspoon sesame oil
2 Tablespoon tahini paste (look for this in the peanut butter section of the supermarket)
2 green onion
2 Teaspoon sesame seeds

METHOD:

1. Heat oven to 375°F.
2. In microwave oven container cover chicken breast with 1 tsp sesame oil, cook according to microwave directions.
3. Remove and let sit while preparing crust.
4. On large cookie sheet, sprinkle 1/4 cup cheese over 2 tortillas, top with additional 2 tortillas. Cook in oven for 5 minutes.
5. Remove from oven when cheese has melted, spread each tortilla with 1 tbsp of olive oil and 1 tbsp of tahini paste.
6. Dice chicken and divide on two tortilla pizzas.
7. Divide remaining cheese, pop back in oven for approx 7-10 minutes until melted.
8. Sprinkle shredded carrots and sprouts on top of pizza.
9. Top with chopped green onions and sprinkle 1 tsp sesame oil and 1 tsp of sesame seeds on top of each pizza.

SERVES 2
PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

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ARIES ♈
MARCH 21-APRIL 20
You will be tempted to do something outrageous today, just to spice things up a bit. You must not go too far over the top. You'll regret it if you do.

TAURUS ♉
APRIL 21-MAY 21
You will have at least one and maybe several opportunities to move up in the world over the next few days, but will you take advantage of them?

GEMINI ♊
MAY 22-JUNE 21
You can sense that something good is going to happen but because you are so impatient you may try to hurry things along, and that could be a mistake.

CANCER ♋
JUNE 22-JULY 22
Something will happen so suddenly today that you may be shocked by how quickly a situation you thought you had under control deteriorates.

LEO ♌
JULY 23-AUG 23
You may be tempted to take some kind of risk today, the kind of risk that has paid off for you many times in the past. It might swamp you.

VIRGO ♍
AUG 24-SEPT 22
Someone will play on your emotions today, most likely just for the fun of it. They can only hurt you if you take what they say seriously.

LIBRA ♎
SEPT 23-OCT 23
Two groups of friends – one to do with your work and one to do with your family – are unlikely to mix well today, so keep them apart if you can.

SCORPIO ♏
OCT 24-NOV 22
Watch what you say and how you say it over the next 24 hours, because your words may be interpreted as being overly aggressive or antagonistic.

SAGITTARIUS ♐
NOV 23-DEC 21
In all areas, but especially when dealing with people you don't know too well, avoid excessive behavior. Tone down your act a bit.

CAPRICORN ♑
DEC 22-JAN 20
The urge to do something drastic, especially in regards to your money situation, must be controlled.

AQUARIUS ♒
JAN 21-FEB 18
A setback of some kind will throw your day into confusion and there is really not a lot you'll be able to do about it. You'll survive it.

PISCES ♓
FEB 19-MARCH 20
Your wellbeing is very much on your mind at the moment and you may be thinking of starting a new health or fitness regime. That's good, but don't go crazy.

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CITY: 8.0L/100KM – 35 MPG^

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INCLUDES $1,000 HOLIDAY BONUS**

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AIR CONDITIONING	Standard	Optional	Optional
16" ALUMINUM WHEELS	Standard	15" Steel	15" Steel
REMOTE KEYLESS ENTRY	Standard	Not Available	Not Available
POWER DOOR LOCKS	Standard	Standard	Not Available
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WITH More than $3,000 in additional features than Hyundai or Honda**

**Value of additional features based on dealer pricing. Vehicle comparison is based on 2010 Cobalt LT (1AL69/1AL37 1SA + MX0), 2010 Civic DX Sedan (FA1E2AEX) and 2010 Elantra L Sedan (D4T).

Vehicle pricing is now easier to understand because all our prices include freight and mandatory government levies.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for administration fees and/or fuel charges. In addition, at some dealers, the vehicles in this advertisement are only available with additional features of glass etching, locking wheel nuts, nitrogen in tires, GM tire protection plan, mud flaps, Walk Away Insurance and/or Drive Green Program which have additional costs***

HWY: 5.7L/100KM – 50 MPG
CITY: 7.9L/100KM – 36 MPG^

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